

Dr. Martin Luther King, Jr. Day

Remember! Celebrate! Act!

A Day On, Not A Day Off!

January 18, 2016

Dr. Martin Luther King, Jr. Day



Dr. Martin Luther King, Jr. was a vital figure of the modern era and a pivotal figure in the Civil Rights Movement. In sermons and speeches, Dr. King's voice rang out with a call for us to work toward a better tomorrow. His actions inspired men and women, young and old, in this nation and around the world.

Dr. Martin Luther King, Jr. Day

Dr. King was arrested 30 times for his participation in civil rights activities. While he preached about justice, empowerment, love and peace, in the final months of his life, his attention was turned towards fighting poverty.

Martin Luther King, Jr. was assassinated April 4, 1968, while standing on the balcony of the Lorraine motel in Memphis, Tennessee.



Dr. Martin Luther King, Jr. Day

After a long struggle, legislation was signed in 1983 creating a federal holiday marking the birthday of Rev. Dr. Martin Luther King, Jr.



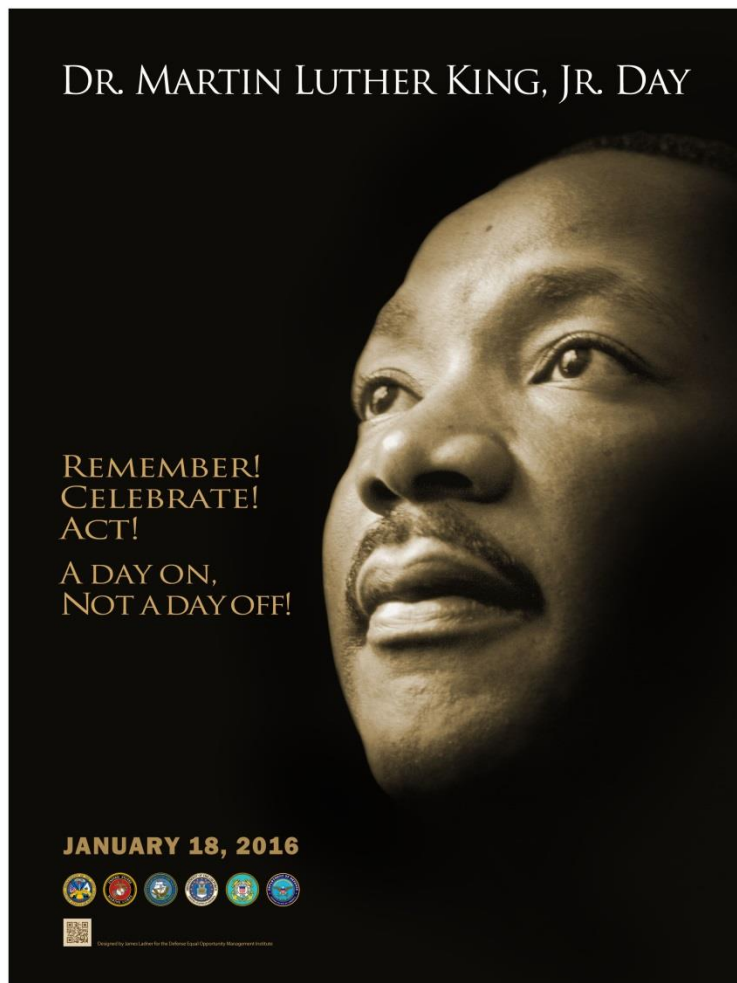
King is the first African American—and the first non-U.S. president—to have an official legal holiday.

Dr. Martin Luther King, Jr. Day



This presentation will share information about the Dr. Martin Luther King, Jr. holiday, a snapshot of volunteerism in the U.S. and in the Department of Defense, and ways you can answer Dr. King's call to action.

Dr. Martin Luther King, Jr. Day



Taking place each year on the third Monday in January, the MLK Day of Service is the only federal holiday observed as a national day of service—empowering individuals to strengthen their communities and create solutions to social problems.

Dr. Martin Luther King, Jr. Day



During his lifetime, King encouraged all citizens to pursue the purpose and potential of America. He strived to realize the dream of equality and a nation that affords freedom and justice for all by applying the principles of nonviolence to make this country a better place to live—creating “The Beloved Community.”

Dr. Martin Luther King, Jr. Day

In Dr. King's Beloved Community, people and communities would be united by inclusion, shared prosperity, and peaceful conflict resolution.



The MLK Day of Service is a way to channel King's life and teachings into community action.



Dr. Martin Luther King, Jr. Day



The MLK Day of Service is a part of United We Serve, the President's national call to service initiative. It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems.

The day represents the opportunity to start the year off right by making a positive impact in one's community.

Dr. Martin Luther King, Jr. Day

Volunteering remains a vibrant part of our nation's fabric across generations, enriching both our communities and those who serve.



Dr. Martin Luther King, Jr. Day



A 2014 U.S. Department of Labor report found that one in four adults donates time to volunteer organizations.



Last year, 62.8 million Americans volunteered nearly 7.9 billion hours. The estimated value of this volunteer service is nearly \$178 billion.

Dr. Martin Luther King, Jr. Day

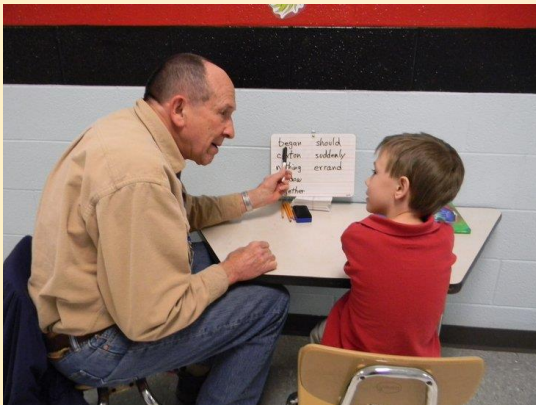
Members of Generation X (those born from roughly 1965 to 1980) have the highest volunteer rate of any age group.

Their volunteer rate has increased steadily over the past 11 years.



Dr. Martin Luther King, Jr. Day

Over the past six years,
volunteering has also
increased among teenagers
(ages 16-19).



Volunteers aged 65 and over spend more time engaging in volunteer activities than any other age group.

Dr. Martin Luther King, Jr. Day



Working mothers continue to volunteer at a higher rate than the population as a whole.

Dr. Martin Luther King, Jr. Day



The DoD values those who volunteer. One of the ways it demonstrates this is by honoring distinguished volunteers with the Military Outstanding Volunteer Service Medal.

Source: Manual of Military
Decorations and Awards

Dr. Martin Luther King, Jr. Day



The medal was authorized in 1993 to members of the U.S. Armed Forces and Reserve components and is awarded for outstanding and sustained voluntary service to the civilian community.



Dr. Martin Luther King, Jr. Day

The front of the medal has a five-pointed star with a circular ring over each point; the star, a symbol of the military that also represents outstanding service, is encircled by a laurel wreath, which represents honor and achievement.

The reverse has an oak leaf branch, symbolic of strength and potential, with three oak leaves and two acorns along with the inscriptions, “OUTSTANDING VOLUNTEER SERVICE,” and “UNITED STATES ARMED FORCES.”

Dr. Martin Luther King, Jr. Day

Join the hundreds of thousands of people who serve on MLK Day and throughout the year. America's new foundation will be built one community at a time—and it starts with you.

Find a project in your community or register your own project so that volunteers can find it.

Go to [Serve.gov](https://www.Serve.gov) for more information.

Dr. Martin Luther King, Jr. Day



All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.

—Dr. Martin Luther King, Jr.

Sources

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